m-NEAT Training

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Military Nutrition Environment Assessment Tool

The views expressed in this presentation are those of the authors and do not necessarily reflect the official policy or position of the Department of Defense, or the U.S. Government."

Objectives:

1. Describe how to access the m-NEAT
2. List the three phases of m-NEAT implementation
3. Describe how to use the m-NEAT results

Agenda:

- **What is the m-NEAT?**
- **Where do we find the assessment tools?**
- **How do we get started?**
- **How do we complete the m-NEAT scoring tool?**
- **How do we use the m-NEAT results?**

What is the m-NEAT?

- **Joint-service tool**
- **Designed to assist stakeholders in assessing the food environment**
- **m-NEAT surveys multiple venues to assess:**
  - **availability, pricing and promotion of healthy foods**
  - **policies and marketing of healthy eating**

A supportive environment will enhance healthy eating practices, prevent weight gain to meet mission requirements and deliver a fit and healthy force.

Benefits:

- **Engages community members and stakeholders**
- **Creates a community nutrition coalition to continually address issues on an on-going basis**
- **Gathers information about the community in re**

  environment
- **Supports the development**

  a strategic plan to address

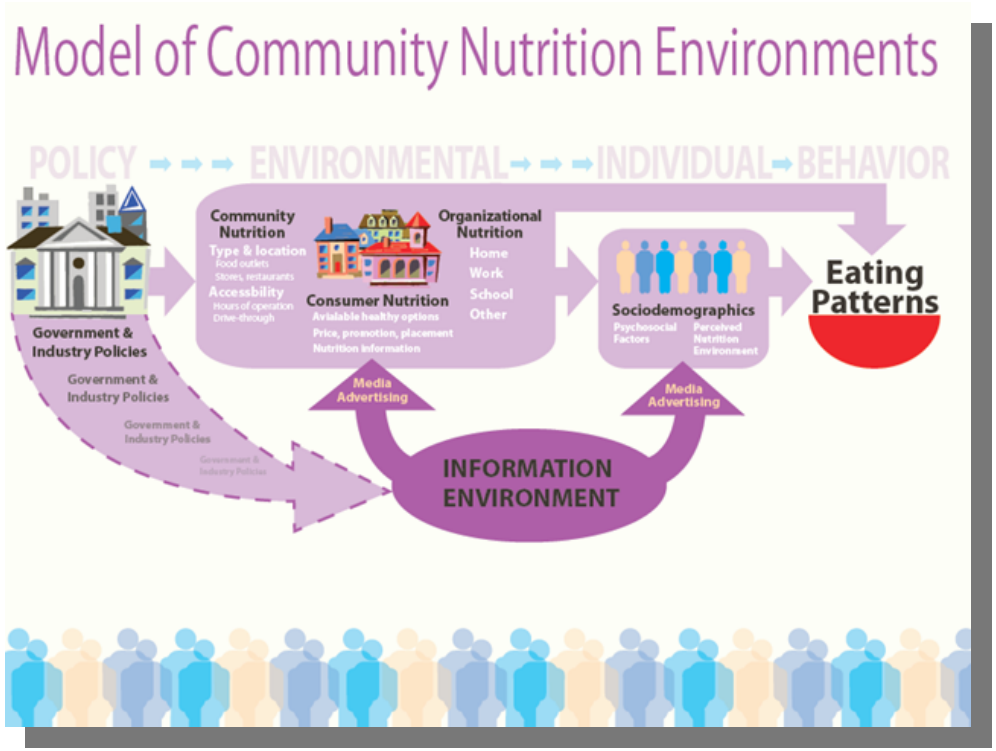
  community assets

  and

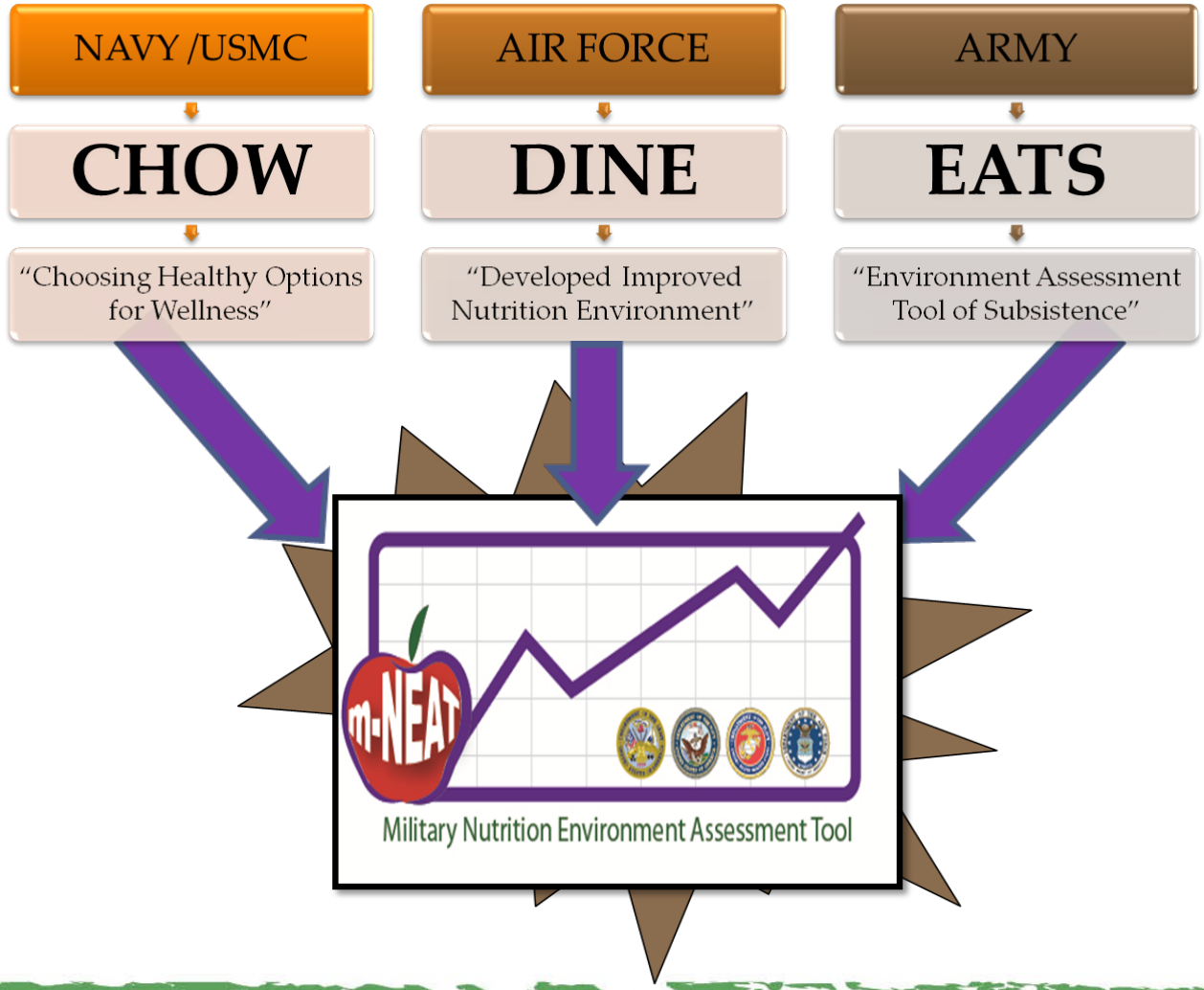
What is a Healthy Food Environment?

"An environment where access to healthy food options is promoted and supported in the classroom, in the workplace, and in the community"

~Michigan Department of Community Health~

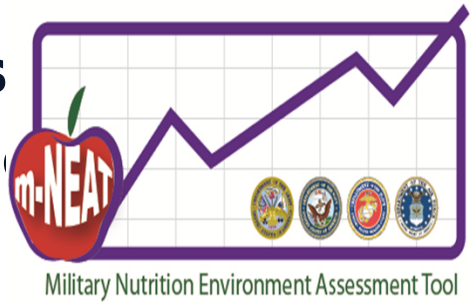


History of the m-NEAT



m-NEAT Criteria:

- **Criteria are based on nationally recognized or DoD Nutrition Standards**
- **Assessment areas include:**
  - **Fitness Centers**
  - **Community Programs**
  - **Dining Facility (Training and Permanent Party)**
  - **Restaurant (Fast-Food and Sit-Down)**
  - **Snack Shop (Billeting/Lodging)**
  - **Stores (Convenience and Commis**
  - **Vending (Refrigerated and Non-R**
  - **Worksite Environment**

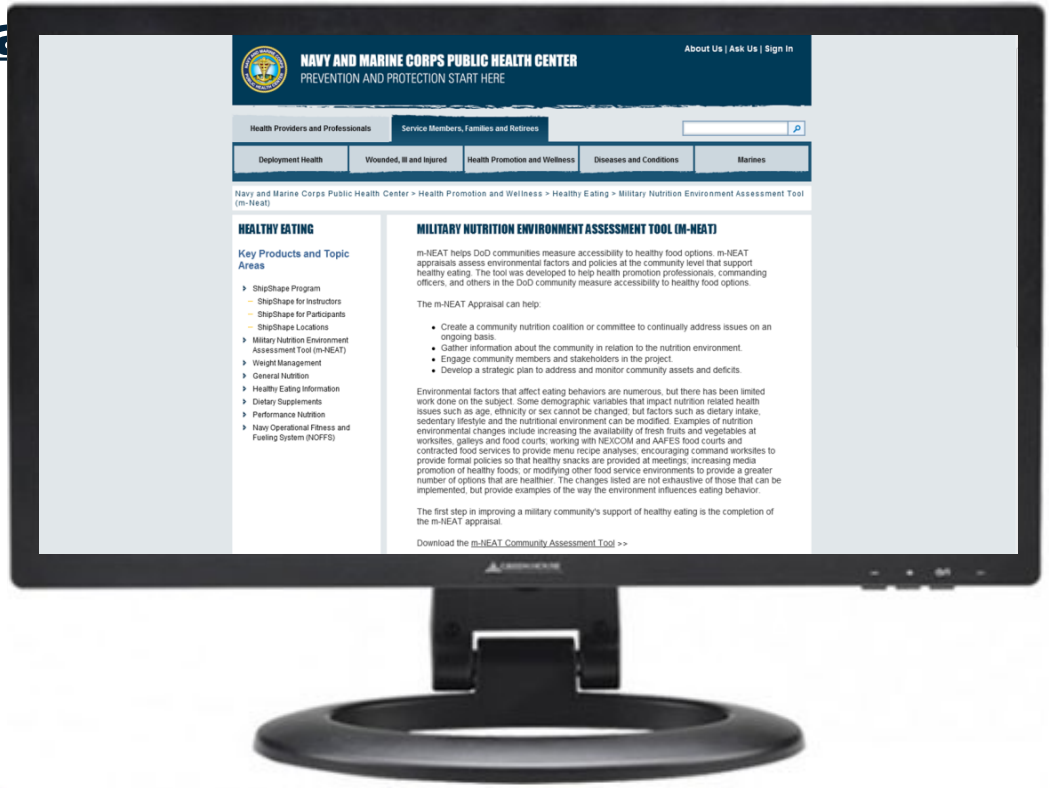


m-NEAT Support Materials?

- **Facilitator Instruction Guide**
- **Section Worksheets**
- **EXCEL Scoring Tool**
  - **Web-based tool under development**
  - **Local Action Plan**
- **Toolkits**
  - **Convenience Store**
  - **Snack Shop**
  - **Vending**

Where Can I find the m-NEAT?

Navy and Marine Corps Public Health Center: http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pa


NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE
About Us | Ask Us | Sign In
Health Providers and Professionals
Service Members, Families and Retirees
Deployment Health
Wounded, Ill and Injured
Health Promotion and Wellness
Diseases and Conditions
Marines
Navy and Marine Corps Public Health Center > Health Promotion and Wellness > Healthy Eating > Military Nutrition Environment Assessment Tool (m-Neat)
HEALTHY EATING
Key Products and Topic Areas
ShipShape Program
ShipShape for Instructors
ShipShape for Participants
ShipShape Locations
Military Nutrition Environment Assessment Tool (m-NEAT)
Weight Management
General Nutrition
Healthy Eating Information
Dietary Supplements
Performance Nutrition
Navy Operational Fitness and Fueling System (NOFFS)
MILITARY NUTRITION ENVIRONMENT ASSESSMENT TOOL (M-NEAT)
m-NEAT helps DoD communities measure accessibility to healthy food options. m-NEAT appraisals assess environmental factors and policies at the community level that support healthy eating. The tool was developed to help health promotion professionals, commanding officers, and others in the DoD community measure accessibility to healthy food options.
The m-NEAT Appraisal can help:
Create a community nutrition coalition or committee to continually address issues on an ongoing basis.
Gather information about the community in relation to the nutrition environment.
Engage community members and stakeholders in the project.
Develop a strategic plan to address and monitor community assets and deficits.
Environmental factors that affect eating behaviors are numerous, but there has been limited work done on the subject. Some demographic variables that impact nutrition related health issues such as age, ethnicity or sex cannot be changed; but factors such as dietary intake, sedentary lifestyle and the nutritional environment can be modified. Examples of nutrition environmental changes include increasing the availability of fresh fruits and vegetables at worksites, galleys and food courts; working with NEXCOM and AAFES food courts and contracted food services to provide menu recipe analyses; encouraging command worksites to provide formal policies so that healthy snacks are provided at meetings; increasing media promotion of healthy foods; or modifying other food service environments to provide a greater number of options that are healthier. The changes listed are not exhaustive of those that can be implemented, but provide examples of the way the environment influences eating behavior.
The first step in improving a military community's support of healthy eating is the completion of the m-NEAT appraisal.
Download the m-NEAT Community Assessment Tool >>

Getting Started:

m-NEAT has three phases:

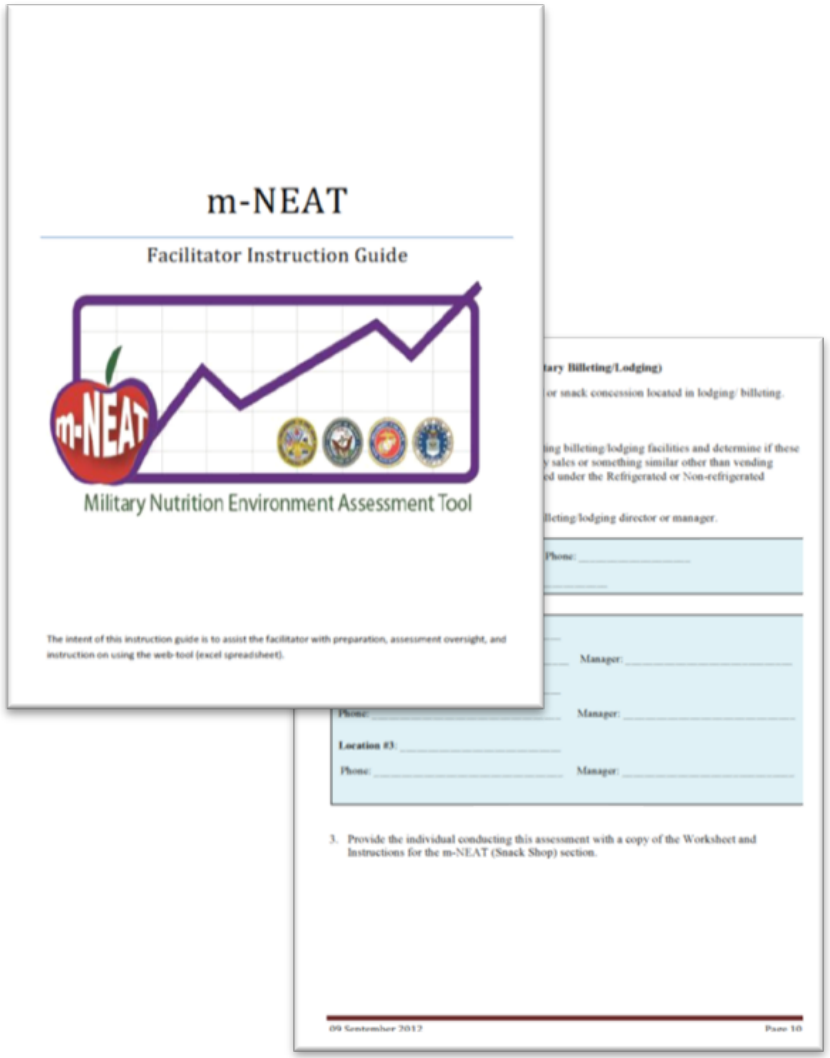
- **Preparation**
- **Data collection and deployment of the assessment**
- **Creation and implementation of a Local Action Plan**

Phase I:
Preparation

Preparation

- **Refer to the Facilitator's Instruction Guide**
- **Assemble a coalition team**
- **Determine areas to assess and complete all sections of the m-NEAT**
  - **If your installation/base has it, then assess it**
  - **Assess three sites with the largest headcount or highest volume of traffic**
  - **Determine location(s) and point of contact (POC)**
- **Team member assignments and provide worksheets**
- **Team members must:**
  - **Read and understand worksheets**
  - **Contact appropriate POC prior to site visit**

Facilitator Instruction Guide


m-NEAT
Facilitator Instruction Guide
m-NEAT
Military Nutrition Environment Assessment Tool
The intent of this instruction guide is to assist the facilitator with preparation, assessment oversight, and instruction on using the web-tool (excel spreadsheet).
Location #3:
Phone:
Manager:
3. Provide the individual conducting this assessment with a copy of the Worksheet and Instructions for the m-NEAT (Snack Shop) section.

- **Assists with preparation & assessment oversight**
- **Provides instruction on using the EXCEL Scoring Tool**
- **Provides guidance on developing a Local Action Plan**
- **Includes resources**

Phase II:
Data Collection and Assessment Deployment

Section Worksheets

- **Used to collect data**
- **Provides instructions and definitions**
- **Use a separate worksheet for each facility assessed**
- **Nine Worksheets**

Smoke-free (Signage)	DeCA (Commissary)
Worksite	Restaurant (Fast-food and Sit-down)
Community	Vending (Refrigerated. and Non-refrigerated)
Convenience Stores	DFAC (Permanent Party & Training)
Fitness Center	

- **Useful in developing Local Action Plan**

DFAC Worksheet

m-NEAT | Dining Facilities

The criteria in this section of the m-NEAT refer nutrition standards as set by the DoD Menu Standards and the 2010 Dietary Guidelines for Americans.

This assessment covers all day parts of the menu (breakfast, lunch and dinner) - the assessment will need to be done over two meal periods: breakfast and lunch or breakfast and dinner. Complete the assessment for the two meal periods on the same day.

Unless prior arrangements or authorizations have been made, inform the Installation Food Program Manager, Dining Facility (DFAC) Manager and/or applicable personnel of your assessment prior to your onsite visit.

Read each criterion thoroughly to become familiar with the specific nutrition parameters and food items. For each criterion listed:

a. Mark "YES" if the criteria are true - YES indicates the statement is true and verifiable through direct observation and/or administrative records (recipe cards, catalogues, product packaging, nutrition label, standard operating procedures, etc.)

b. Marking "NO" indicates the criteria/component is not available or verifiable.

c. "NA" will only be used if the criteria does not apply (i.e. you are assessing Permanent Party DFAC and criteria is for Initial Military Training DFACs.)

d. This data collection tool is used for both Permanent Party and Training DFACs. Most criteria are applicable to both except where annotated.

1. **Type of DFAC:** O Permanent Party O Initial Military Training

   DFAC Name: _____ Location: _____ Phone: _____

   DFAC Manager: _____ e-mail: _____

2. **Hours of Operation:**

   Monday -Friday: O B: _____ O L: _____ O D: _____

   Saturday-Sunday: O B: _____ O L: _____ O D: _____

3. **Assessment completed during the following meal periods:** O Breakfast and Lunch O Breakfast and Dinner

4. **Data Source:** O Site Visit O Cycle Menu O DFAC Menu O Interview O Other: _____

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Snack Shop Worksheet

m-NEAT | Snack Shop (Billeting/Lodging)

4. **There are more than two (2) varieties of any brand of hot or cold healthier cereal available?** O yes O no
5. **Healthier cereals are priced lower than sugary versions?** O yes O no

Definition of a Healthier Cereal:

- ***Sugar***: <10 grams of Sugar
- ***Whole-grain:*** ≥16 grams or listed as first ingredient
- ***Dietary Fiber***: ≥ 3 grams

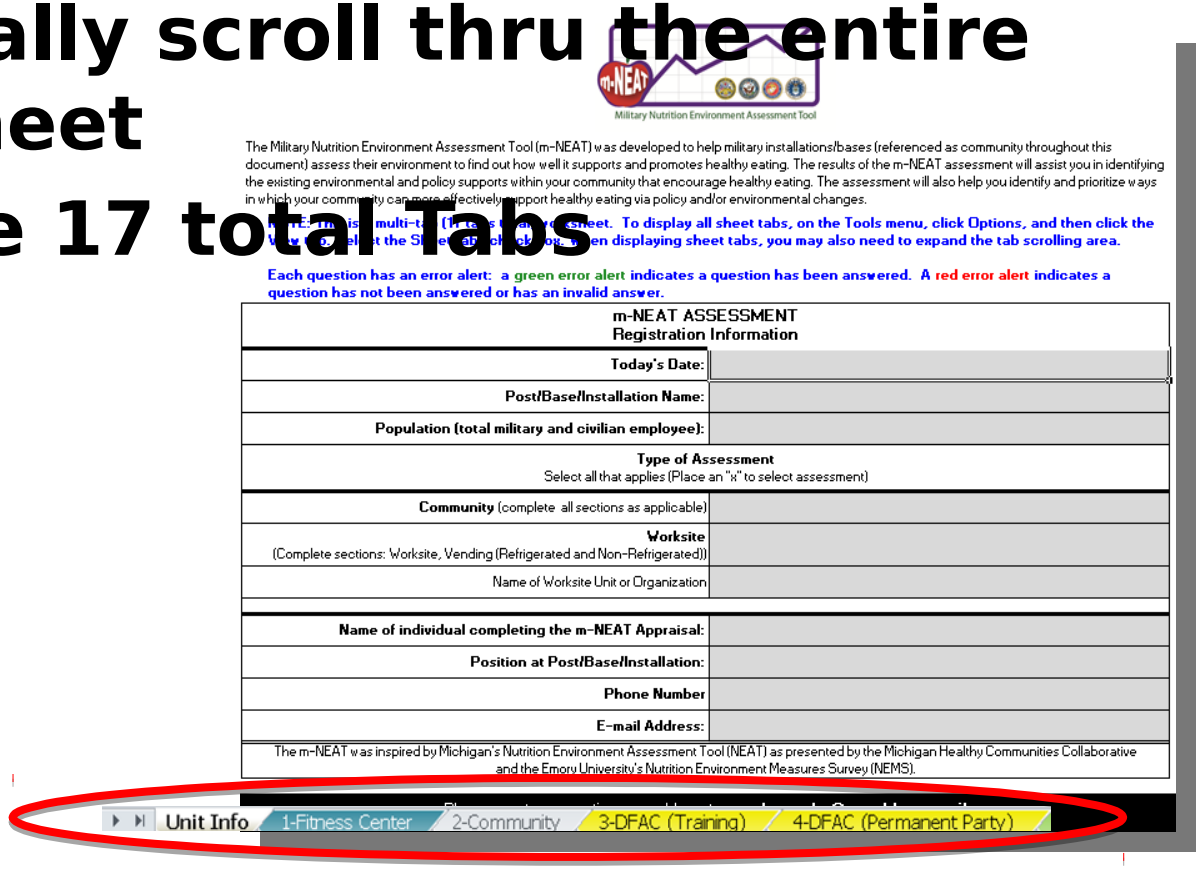
Instructions:

- ✓ Mark "yes" if the Healthier version is available and "no" if unavailable.
- ✓ Record the price for both the Healthier and Sugary version of the cereal. Leave blank, if sugary version is not available. Refer to products that are single-serving (individual cups, packets, etc), same size and of the same brand when possible.

Chart C: Grain –Breakfast Cereals				
Breakfast Cereals	**Healthier version available**	**Price Healthier version**	**Price Sugary version**	**Comments**
Oatmeal	O yes O no	$.	$.	*Compare with flavored oatmeal*
Grits or Cream of Wheat	O yes O no	$.	$.	
Plain toasted oats	O yes O no	$.	$.	
Bran flakes (with or without raisins)	O yes O no	$.	$.	*Compare with Frosted Corn Flakes. Keep in mind that Bran Flakes with Raisins will have more sugar.*
Shredded wheat	O yes O no	$.	$.	*Compare with Frosted Shredded Wheat*
Other:	O yes O no	$.	$.	

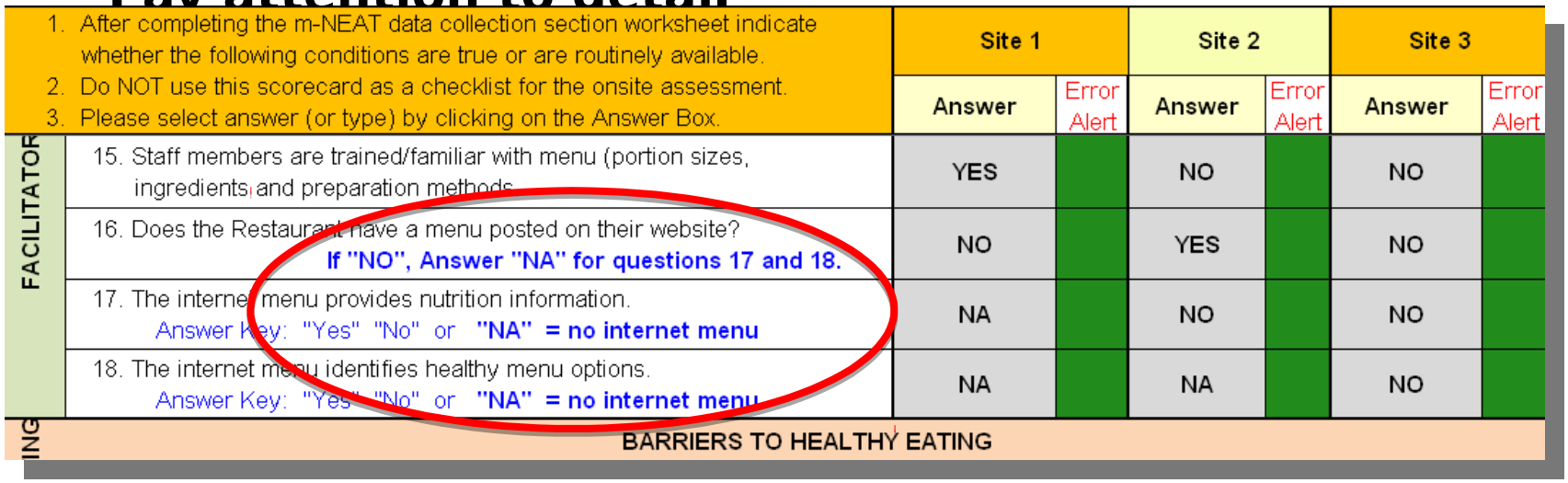
EXCEL Scoring Tool

- **Each section is accessible via the bottom Tabs**
- **Horizontally scroll thru the entire spreadsheet**
- **There are 17 total Tabs**


m-NEAT
Military Nutrition Environment Assessment Tool
The Military Nutrition Environment Assessment Tool (m-NEAT) was developed to help military installations/bases (referenced as community throughout this document) assess their environment to find out how well it supports and promotes healthy eating. The results of the m-NEAT assessment will assist you in identifying the existing environmental and policy supports within your community that encourage healthy eating. The assessment will also help you identify and prioritize ways in which your community can more effectively support healthy eating via policy and/or environmental changes.
Each question has an error alert: a green error alert indicates a question has been answered. A red error alert indicates a question has not been answered or has an invalid answer.
m-NEAT ASSESSMENT
Registration Information
Today's Date:
Post/Base/Installation Name:
Population (total military and civilian employee):
Type of Assessment
Select all that applies (Place an "x" to select assessment)
Community (complete all sections as applicable)
Worksite
(Complete sections: Worksite, Vending (Refrigerated and Non-Refrigerated))
Name of Worksite Unit or Organization
Name of individual completing the m-NEAT Appraisal:
Position at Post/Base/Installation:
Phone Number
E-mail Address:
The m-NEAT was inspired by Michigan's Nutrition Environment Assessment Tool (NEAT) as presented by the Michigan Healthy Communities Collaborative and the Emory University's Nutrition Environment Measures Survey (NEMS).
Unit Info
1-Fitness Center
2-Community
3-DFAC (Training)
4-DFAC (Permanent Party)

Completing Each Section

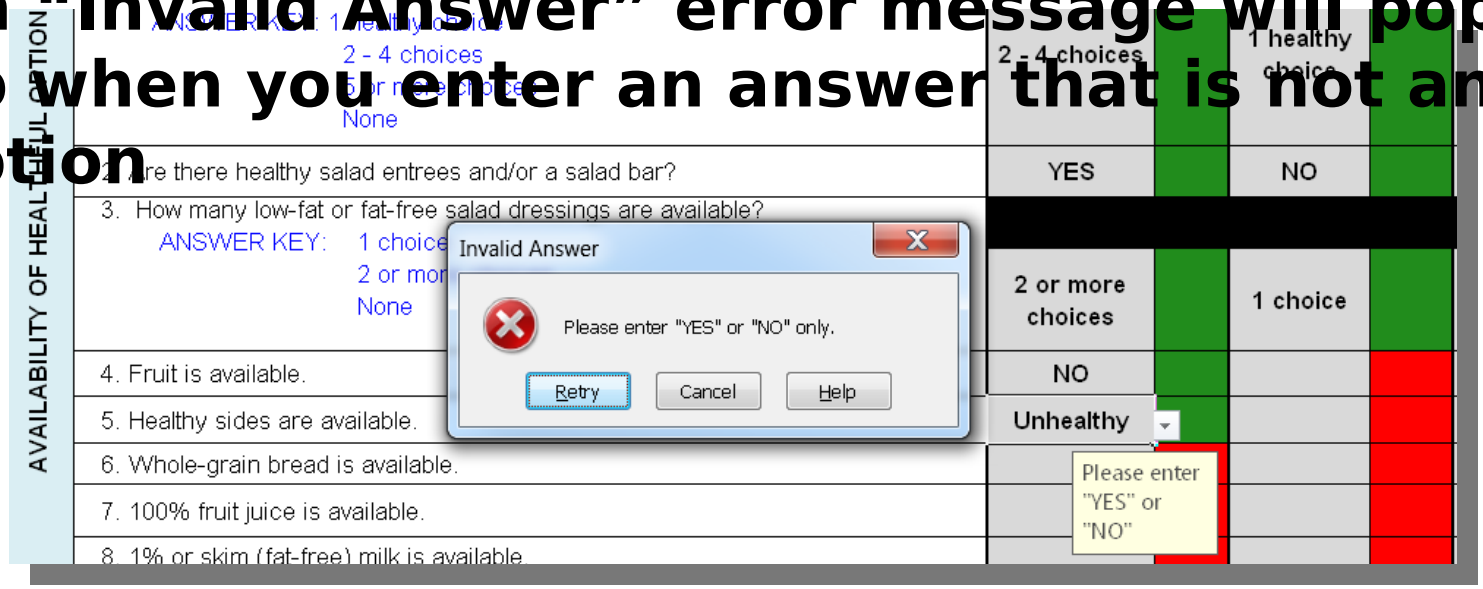
- **Do NOT use the EXCEL Scoring Tool as a checklist for the on-site assessment**
- **Vertically scroll through each section – some sections are long**
- **Some questions may have additional instructions**
  - **Pay attention to detail**



	1. After completing the m-NEAT data collection section worksheet indicate whether the following conditions are true or are routinely available. 2. Do NOT use this scorecard as a checklist for the onsite assessment. 3. Please select answer (or type) by clicking on the Answer Box.	Site 1		Site 2		Site 3	
		Answer	Error Alert	Answer	Error Alert	Answer	Error Alert
FACILITATOR	15. Staff members are trained/familiar with menu (portion sizes, ingredients, and preparation methods	YES		NO		NO	
	16. Does the Restaurant have a menu posted on their website? **If "NO", Answer "NA" for questions 17 and 18.**	NO		YES		NO	
	17. The internet menu provides nutrition information. Answer Key: "Yes" "No" or **"NA" = no internet menu**	NA		NO		NO	
	18. The internet menu identifies healthy menu options. Answer Key: "Yes" "No" or **"NA" = no internet menu**	NA		NA		NO	
ING	BARRIERS TO HEALTHY EATING						

Using the Scoring Tool

- **Enter answers manually or use drop down boxes**
- **Some answer options are more than “YES” or “NO”**
- **An “Invalid Answer” error message will pop-up when you enter an answer that is not an option**



Error Alerts

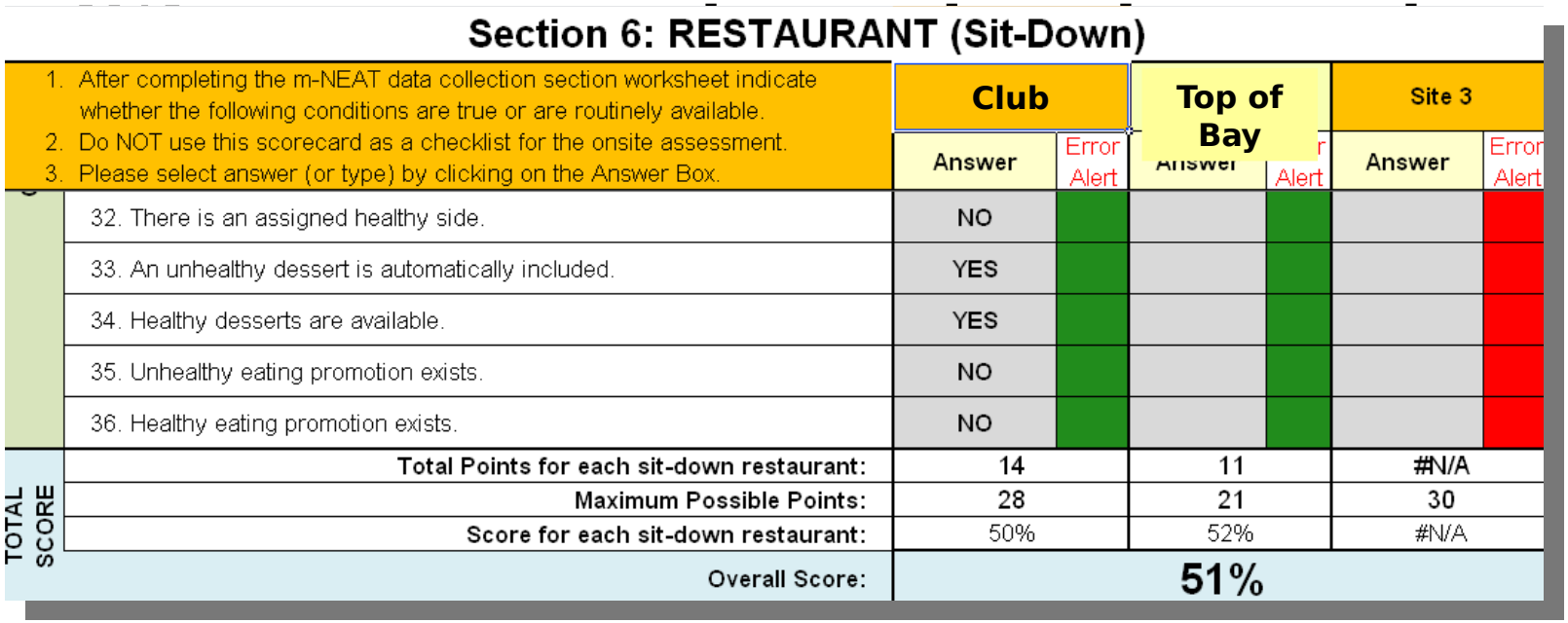
- **Does NOT indicate a “Correct” or “Incorrect Answer”**
- **RED indicates answer is :**
  - **Missing**
  - **Unacceptable**
- **GREEN indicates answer is:**
  - **Not required**
  - **Accepted**

Section 11: VENDING (Refrigerated Beverage and/or Food)

1. After completing the m-NEAT data collection (instruction) sheet indicate whether the following conditions are true or are available routinely. 2. Please type (select) "yes" or "no" (or as indicated) by clicking on the Answer Box.	Site 1		Site 2		
	Answer YES or NO	Error Alert	Answer YES or NO	Error Alert	Y
1. Type of vending surveyed: Answer Key: **Beverage** - complete only Questions (4-9) **Food** - complete only Questions (2-3) **Both** - complete all Questions (2-9) ****** In order for the error alert to work properly, scroll to the bottom of the spreadsheet and then back up after answering this question.******	Beverage		Food		
REFRIGERATED FOODS					
2. Percentage of healthy options available? Answer Key: : >50% 35% to 49% 25% to 34% 15% to 24% 0 to 14%					
3. Items are labeled and correctly identified as a "healthy option"					
BEVERAGE VENDING					
4. What percent of beverage choices contain less than or equal to 40 calories per serving? Answer Key : ≥75% 50% to 74% <49%	>75%				

Scoring

- **Self-scoring**
- **Score is not available until all questions are answered**
- **Vertically scroll thru entire section – ensure Error Alerts are GREEN**



Section 6: RESTAURANT (Sit-Down)

1. After completing the m-NEAT data collection section worksheet indicate whether the following conditions are true or are routinely available. 2. Do NOT use this scorecard as a checklist for the onsite assessment. 3. Please select answer (or type) by clicking on the Answer Box.	Club		Top of Bay		Site 3	
	Answer	Error Alert	Answer	Error Alert	Answer	Error Alert
32. There is an assigned healthy side.	NO					
33. An unhealthy dessert is automatically included.	YES					
34. Healthy desserts are available.	YES					
35. Unhealthy eating promotion exists.	NO					
36. Healthy eating promotion exists.	NO					
TOTAL SCORE — Total Points for each sit-down restaurant:	14		11		#N/A	
Maximum Possible Points:	28		21		30	
Score for each sit-down restaurant:	50%		52%		#N/A	
Overall Score:	51%					

Scoring (continued)

- **Maximum possible scores may vary for each site**

- Section 11: VENDING (Refrigerated Beverage and/or Food)

	1. After completing the m-NEAT data collection (instruction) sheet indicate whether the following conditions are true or are available routinely. 2. Please type (select) "yes" or "no" (or as indicated) by clicking on the Answer Box.	Site 1		Site 2		Site 3		Site 4	
		Answer YES or NO	Error Alert	Answer YES or NO	Error Alert	Answer YES or NO	Error Alert	Answer YES or NO	Error Alert
BEVERAGE VENDING	5. Beverages with more than 40 calories/serving are only offered in servings of less than 12 oz.	NO				NO		YES	
	6. Available milk is 1%, skim or non-fat milk. (Answer "NA" **only** if milk is not available)	YES				NO		NO	
	7. Available non-dairy calcium fortified beverage meets defined specifications for sugar, protein, calcium and fat. (Answer "NA" **only** if a non-dairy calcium fortified beverage is not available)	YES				NO		YES	
	8. Available juice has at least one that is 100% fruit juice with no added caloric sweeteners. (Answer "NA" **only** if juice is not available)	NA				NO		NO	
	9. Available vegetable juice has a sodium content of: Answer Key: "<140 mg" "≤230 mg" "≥231 mg" "NA" = vegetable juice is **not** available.	≤230 mg				≥231 mg		≥231 mg	
TOTAL SCORE	**Total Points for each Refrigerated Vending**	5		3		-1		4	
	Maximum Possible Points	8		6		6		15	
	Score for each Refrigerated Vending	63%		50%		0%		27%	
	Overall Score	**31%**							

Scoring (Continued)

- **DFAC questions are not weighted**
- **Criteria that is *italicized in bold purple font* are non-scored**

Section 3: Military DFAC (Training)

Military Dining Facilities (DFAC) that serve Service-members in initial military training

1. After completing the m-NEAT data collection section worksheet indicate whether the following conditions are true or are routinely available. 2. Do NOT use this score card as a checklist to complete the on-site assessment - you must use the data collection worksheet. 3. Please type (select) "yes" or "no" by clicking on the Answer Box.		Raider DFAC		Bldg 430		SITE 3	
		Answer YES or NO	Error Alert	Answer YES or NO	Error Alert	Answer YES or NO	Error Alert
	55. Flavored no-sugar beverage base, diet teas, carbohydrate electrolyte beverages are available.	YES		YES			
PROMOTION OF HEALTHY EATING	**PROMOTION OF HEALTHY EATING**						
PROMOTION OF HEALTHY EATING	56. Menu approved by dietitian (local or corporate) or dietitian provided advice on nutritional aspects.	YES		YES			
PROMOTION OF HEALTHY EATING	57. Customer nutrition awareness: Training and healthy eating promotional materials are strategically placed.	YES		NO			
PROMOTION OF HEALTHY EATING	58. Staff training on food items and preparation techniques that support health and nutrition goals.	YES		NO			
TOTAL SCORE	**DFAC (Training) Points for each facility**	41		39		#N/A	
TOTAL SCORE	**Maximum possible points**	50		50		50	
TOTAL SCORE	**Individual DFAC (Training) Score**	82%		78%		#N/A	
TOTAL SCORE	**Overall Score (all facilities)**	**80%**					

m-NEAT Community Appraisal – Overall Rating

m-NEAT Community Appraisal - Overall Rating:

	COMMUNITY
1 - Fitness Center	64%
2 - Community	#N/A
3 - DFAC (Training)	#N/A
4 - DFAC (Permanent Party)	100%
5 - Restaurant (Fast food)	12%
6 - Restaurant (Sit-down)	48%
7 - Snack Shop	13%
8 - Stores (DeCA: Commissary)	79%
9 - Stores (Convenience)	37%
10 - Vending (Non-Refrigerated)	0%
11 - Vending (Refrigerated)	50%
12 - Worksite	#N/A
Total number of categories scored (12 possible)	9
Average m-NEAT score:	**45%**

90-100 = Fully supportive (GREEN)
75-89 = Mostly supportive (YELLOW)
60-75 = Partially supportive (ORANGE)
0-59 = Not supportive (RED)

Phase III:
Local Action Plan: Creation and Implementation

Local Action Plan

<u>Step 1</u>: Review Final Scores & Ranking with Committee

<u>Step 2</u>: Score each assessment area on:

a) **Cost**

b) **Time**

c) **Support**

d) **Importance**

<u>Step 3</u>: Prioritize your actions as Low or High

Local Action Plan

Recommended Actions	Relevant m-NEAT Indicator	check here if n/a	Cost	Time	Support	Importance	Total Points	Priority
			1= **High** 2= Moderate 3= Low	1= **Long** 2= Moderate 3= Brief	1= **Low** 2= Moderate 3= High	1= **Low** 2= Moderate 3= High		
Implement Farmers Market	**Community Programs (17%)**		**3**	**1**	**2**	**2**	**8**	**High**
Low-Fat Pastry Breakfast	**DFAC (82%)**		**1**	**1**	**1**	**1**	**4**	**Low**
Nutrition Posting Up-to-date	**Fitness Center (0%)**		**3**	**3**	**3**	**2**	**11**	**High**

- **Cost**: How expensive would it be to plan and implement the action?
- **Time**: Long = >6 months; Moderate = >30 days; Brief = ≤30days
- **Support:** How much support exists to plan & implement the action?
- **Importance:** Importance/impact on the community?

Implementing the Action Plan

Step 4:

- **Assign action item to person(s)**
- **Set deadline for each action item**
- **Set date for next meeting**

Recommended Actions	Relevant m-NEAT indicator	Responsible Party	Deadline
Fitness Center: Action Item 1: Q1: Education material put up in all three gyms. Karen Blackwell has additional racks if needed. Gerrity has rack that material can be put into in the child center. Bulletin boards available for posting.	Fitness Centers	Wendi Knowles Pat Griffin	6/15/13
Fitness Center: Action Item 2: Q13 Scott will work with vending company to determine if 0 or 40 calorie beverages can be increased. Currently on 2 -need 5 to meet 75%	Fitness Centers	Scott Kelly Aramark Vending	10/01/13
DFAC: Q8, Q15, Q29, Q33, and Q35 are completed - YES answers for the next survey.	DFAC	Mr. Rodriquez	5/30/13

Brief Action Plan

<u>Step Five</u>: Brief Leadership on score, action items and results

<u>Step Six</u>: Determine next date for the m-NEAT assessment

Feedback:

- **After the m-NEAT is complete, take time to provide us feedback!**
  - **Complete the m-NEAT Community Appraisal Feedback Form**
  - **Find the form in the m-NEAT EXCEL**

Thank you for completing the m-NEAT Community Appraisal! Completing the m-NEAT Appraisal was the first step in improving the nutritional status of your community members.

The next step is to take the information you have gathered to make the changes that need to be made at your base/installation to improve the accessibility of healthier food choices for your community members. Use the m-NEAT **Action Plan** (next tab) to work with your Base/Installation Health Promotion Committee and others in prioritizing what actions need and could be made to increase the availability of healthier food choices.

Please take a few moments to complete the m-NEAT Community Appraisal Feedback Form below.

Question	answer
Please respond to the following questions.	
1) Is this the first m-NEAT Appraisal completed for your post/base/installation?	Yes or No
-- **If yes, skip to question #3**	
-- If no, when was the last m-NEAT Appraisal completed?	enter date
2) For those posts/bases/installations who are repeating the m-NEAT Appraisal, please review the data on this m-NEAT Appraisal and answer the following questions:	
a) How does your previous score compare to this score?	
b) How has your post/base/installation used the results of the previous m-NEAT Appraisal to make changes in the availability of healthier food choices?	
c) Since the completion of the last m-NEAT Appraisal (not this one) what changes have you made to increase the availability of healthier food choices at your post/base/installation?	
3) Feedback regarding the m-NEAT Appraisal tool (difficulty with completion, recommendations for improvement, etc.):	
We appreciate your time in completing this m-NEAT Feedback Form regarding your experience in completing the m-NEAT Appraisal.	

Submit Completed m-NEAT EXCEL Scoring Tool

- **Email the completed m-NEAT EXCEL Scoring Tool by clicking on the link provided on the website or:**
  - **Navy: Nutrition@nehc.mar.med.navy.mil**
  - **Army: Sandra.e.keelin.mil@mail.mil**
  - **Air Force: Mary.balch@us.af.mil**

Using the Toolkits:

- **Toolkits available for:**
  - **Convenience Stores**
  - **Snack Shops**
  - **Vending**

- **Provides for each area:**
  - **Nutritional Standards**
  - **Strategies for Improvement**
  - **Sample Action Plan**
  - **Customer Survey Sample**
  - **References**

Questions?

Continuing Education

- **NMCPHC is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) to receive 1 ½ Category I CECH. If you are a CHES and want to request the 1 ½ CECH:**

- **E-mail your name and CHES number to: melissa.cazaux.ctr@med.navy.mil**

Continuing Education (continued)

- **This webinar has been submitted for approval of 1 CPEU (Level 1, Learning Need Code 4010, 4020) to the Commission on Dietetic Registration (CDR) for Registered Dietitians (RD) or Dietetic Technicians, Registered (DTR).**

- **For CPEU certificate, e-mail your name and registration number to: Bethann.cameron.civ@mail.mil**

We value your feedback! Please send any questions, comments, concerns, or suggestions for future webinars to: melissa.cazaux.ctr@med.navy.mil